

ABSTRACT

The invention relates to oil composition comprising 0.1 to 59.8% by weight of a triglyceride, 40 to 99.7% by weight of a diglyceride, 0.1 to 10% by weight of a monoglyceride and at most 5% by weight of a free fatty acid, wherein contents of $\omega 3$ type unsaturated acyl groups having at least 20 carbon atoms and monoenoic acyl groups in acyl groups constituting the diglyceride are 15 to 89.5% by weight and 10 to 84.5% by weight, respectively; and oral medicinal compositions and foods comprising such an oil composition.

The oil composition effectively develops physiological functions derived from $\omega 3$ type unsaturated fatty acids, such as inhibition of platelet aggregation, and is excellent in effect of facilitating combustion of body fat, oxidation stability, flavor and the like, and also excellent in flowability.